

## Eating Smart • Being Active for Teens Lesson Overview



	Key Messages	Food Activity	Physical Activity	Lesson Enhancement
Lesson 1: Get Moving!	<p>Dietary Guidelines for Americans MyPlate Why be Active? How much activity do we need each day? Activity – Being active everyday Goal setting:</p> <ul style="list-style-type: none"> <li>- Being Active</li> </ul>	<p>Introduction to <i>ESBA</i> Food Activities:</p> <ul style="list-style-type: none"> <li>- Food allergies, intolerances and aversions</li> <li>- Keeping foods safe to eat</li> <li>- Kitchen and knife safety</li> </ul> <p>Recipe preparation:</p> <ul style="list-style-type: none"> <li>- Pasta Salad</li> </ul>	<p>Warm-Up Calf Stretch Calf Raises Cool down</p> <hr/> <p>Optional Activity:</p> <ul style="list-style-type: none"> <li>- Beach Ball Toss Icebreaker</li> </ul>	Water bottle
Lesson 2: Plan, Shop, \$ave	<p>Why plan meals? Getting started with meal planning Making shopping list Activity – Plan a main dish Understanding the nutrition facts panel</p> <ul style="list-style-type: none"> <li>- Serving size</li> <li>- Calories</li> <li>- % Daily Value</li> </ul> <p>Activity – Reading food labels Unit pricing Goal setting:</p> <ul style="list-style-type: none"> <li>- Saving Money</li> <li>- Being Active</li> </ul>	<p>Food Tasting:</p> <ul style="list-style-type: none"> <li>- National Brand vs. Store Brand Comparison</li> </ul>	<p>Warm-Up Thigh Stretch Quad exercises Cool down</p>	Grocery list pad
Lesson 3: Fruits & Veggies: Half Your Plate	<p>Why do we need fruits and vegetables? Why do we need variety? How much fruits and vegetables do we need each day? Activity – Create a meal: fruits &amp; veggies half your plate Food Safety with vegetables and fruits Activity – Juice comparison Goal setting:</p> <ul style="list-style-type: none"> <li>- Eating a variety of fruits and vegetables</li> <li>- Being active</li> </ul>	<p>Recipe preparation (choose 1 of the following):</p> <ul style="list-style-type: none"> <li>- Apple Salad</li> <li>- Fruit Salad</li> <li>- Vegetables &amp; Creamy Dip</li> <li>- Cabbage Stir-fry</li> </ul>	<p>Warm-Up Hamstring Stretch Leg Lunges Cool down</p>	Produce Brush

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Lesson 4: Make Half Your Grains Whole	<p>Parts of a grain</p> <p>Why are whole grains important?</p> <p>How do I know if grains are whole grains?</p> <p>Activity – Label reading for whole grains</p> <p>How many grains a day?</p> <p>Activity – Finding the fiber</p> <p>Importance of eating breakfast</p> <p>Activity – Planning healthy breakfasts</p> <p>Goal setting:</p> <ul style="list-style-type: none"> <li>- Trying a new whole grain</li> <li>- Being active</li> </ul>	<p>Recipe preparation (choose 1 of the following):</p> <ul style="list-style-type: none"> <li>- Fried Rice</li> <li>- Granola</li> <li>- Enchilada Casserole</li> </ul>	<p>Warm-Up</p> <p>Outer Hip Stretch</p> <p>Side Leg Raise</p> <p>Cool down</p> <hr/> <p>Optional Activity:</p> <ul style="list-style-type: none"> <li>- Cha Cha Slide</li> </ul>	Dry measuring cups
Lesson 5: Build Strong Bones	<p>Importance of dairy and high calcium foods</p> <p>Foods high in calcium</p> <p>How much do we need a day?</p> <p>Activity – Planning meals with calcium</p> <p>Food safety with calcium foods</p> <p>Saving money</p> <p>A word about flavored milks</p> <p>Activity – Milk detective, choosing low-fat dairy</p> <p>Activity – Planning healthy breakfasts</p> <p>Goal setting:</p> <ul style="list-style-type: none"> <li>- Choosing high calcium foods</li> <li>- Being active (bone-building exercises)</li> </ul>	<p>Recipe preparation (choose 1 of the following):</p> <ul style="list-style-type: none"> <li>- Breakfast Parfait</li> <li>- Fruit Smoothie</li> <li>- Macaroni and Cheese</li> </ul>	<p>Warm-Up</p> <p>Arm Stretch</p> <p>Stretch band exercises</p> <ul style="list-style-type: none"> <li>- Chest &amp; shoulder</li> <li>- Upper arm</li> <li>- Bicep curl</li> </ul> <p>Cool down</p>	Stretch Band & Physical Activity Booklet

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<p>Lesson 6: Go Lean with Protein</p>	<p>Why are protein foods important? Foods high in protein How much do we need a day? Activity – Meal planning with protein Vegetarians Activity - Protein detective, choosing lean proteins Food safety – Clean, Separate, Cook, Chill Using food thermometers Goal setting:  <ul style="list-style-type: none"> <li>- One change I plan to make</li> <li>- Being active</li> </ul> </p>	<p>Recipe preparation (choose 1 of the following):</p> <ul style="list-style-type: none"> <li>- 3 Can Chili</li> <li>- Tuna Salad</li> <li>- 3 Bean Salad</li> <li>- Stir-Fry with Chicken, Beef or Tofu</li> <li>- Eating Smart, Being Active Seasoning Mix with <ul style="list-style-type: none"> <li>o Beef and Noodles or</li> <li>o Beef and Potatoes</li> </ul> </li> <li>- Chili Tomato Macaroni</li> </ul>	<p>Warm-Up Head and Neck Stretch Shoulder Shrugs Cool down</p>	<p>Food Thermometers</p>
<p>Lesson 7: Make a Change</p>	<p>Not all fats are the same... Why is it important to limit fat? Activity – Fast foods Why is it important to limit sugar? Activity – The scoop on soft drinks Activity – Ways to reduce sugar intake Why should I limit salt? Where do I find sodium in my diet? Activity – How can I reduce my salt intake? Goal setting:  <ul style="list-style-type: none"> <li>- Reducing fat, sugar and sodium</li> <li>- Being active</li> </ul> </p>	<p>Recipe preparation (choose 1 of the following):</p> <ul style="list-style-type: none"> <li>- Baked Tortilla Chips with <ul style="list-style-type: none"> <li>o Cowboy Caviar or</li> <li>o Mango Salsa</li> </ul> </li> </ul>	<p>Warm-Up Hamstring &amp; Calf Stretch Leg Squats Cool down</p>	<p>Measuring Spoons</p>

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Lesson 8: Celebrate! Eat Smart, Be Active	Let's review what we've learned Activity- Making a plan	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> <li>- Fruit &amp; Peanut Butter Dip</li> <li>- Mexican Pinwheels</li> <li>- Spinach Dip</li> </ul>	<p>Warm-Up Triceps Stretch Ab Slide Cool down</p> <hr/> <p>Optional Activity: - Limbo Rock</p>	ESBA Cookbook